

## ACCEPTING YOUR OWN PACE

GRADE  
PK/K

### LEARNING OBJECTIVES

The purpose of this lesson is to help students understand that we all learn and grow at our own pace.



### LESSON CONTENT

We all grow at our own pace. It is easy to worry about things that others can do that we cannot do. Through practice and persistence we can improve, but we still may not be able to do things as well as someone else. Learning to celebrate the things we can do and accepting our own pace is important to our well-being.

### STRATEGIES

- Practice, practice, practice.
- Avoid comparison.

### CONVERSATION STARTERS

- What is something that you are good or fast at? Can you think of someone that is better or faster than you? Why is it okay to not be the best all the time?
- What is one skill that you would like to improve at? How can you get better at that skill?

### EXTENDING THE LEARNING

- Have a relay race as a family, including some neighbors or friends. Invite teams to divvy up players based on their strengths. After everyone competes in their part, celebrate their efforts rather than their achievements.
- Watch some clips from the Olympics. Observe how each athlete is excellent and celebrated, even if they do not win a gold medal.